

Leaflet content with sources

Obesity and Pregnancy

Donnelly (2015) highlighted that research identified, one in four teenagers are clinically obese by the age of 15.

According to the Confidential Enquiry into Maternal and Child Death (2007), obesity is associated with over half of the total maternal deaths from direct and indirect causes.

The American college of obstetricians and gynaecologist (2016) stated that obesity causes the following adverse outcomes: pregnancy loss, heart defects, neural tube defects, difficult to detect baby's heart rate during labour, macrosomia (larger than average baby), still birth or gestational diabetes.

Clubs such as Slimming World work closely with the Royal College of Midwives to provide support and advice regarding healthy eating during pregnancy more information can be found by visiting:

<https://www.slimmingworld.co.uk/health/policies/pregnancy.aspx>

References:

Confidential Enquiry into Maternal and Child Health. 2007. Saving Mothers' Lives: Reviewing maternal deaths to make motherhood safer - 2003-2005. Available at: <http://www.publichealth.hscni.net/sites/default/files/Saving%20Mothers%27%20Lives%202003-05%20.pdf> [Accessed: 3 November 2018]

Donnelly, L. 2015. One in four teens now obese by 15. Available at: <https://www.telegraph.co.uk/news/health/news/11378197/One-in-four-teens-now-obese-by-15.html> [Accessed 3 November 2018]

Slimming World, 2018, health policies. Available at: <https://www.slimmingworld.co.uk/health/policies/pregnancy.aspx> [Accessed: 3 November 2018]

The American college of obstetricians and gynaecologist. 2016. Frequently Asked Questions: Obesity and Pregnancy. Available at: <https://www.acog.org/Patients/FAQs/Obesity-and-Pregnancy?IsMobileSet=false> [Accessed: 3 November 2018]

Smoking in Pregnancy

According to NHS (2016) stopping smoking is one of the most beneficial things you can do to improve your health, as well as the health, growth and development of your baby.

Smoking or being exposed to passive smoking during pregnancy can restrict the amount of oxygen a baby can get, result in miscarriage, ectopic pregnancy, stillbirth, birth defects in babies, premature birth, low birth weight and an increased risk of infant mortality.

Post pregnancy, the lasting effects can include increased risk of asthma, ear infections, pneumonia, attention and hyperactivity problems. Whenever a woman stops smoking during pregnancy, all the risks described above are reduced.

HELP ME QUIT FREEPHONE: [0808 278 1369](tel:08082781369)

References

NHS. 2016. Stop smoking in pregnancy. Available at: <https://www.nhs.uk/conditions/pregnancy-and-baby/smoking-pregnant/> [Accessed: 3 November 2018]

Sex during pregnancy and Sexually Transmitted Infections (STI's)

Pregnancy Birth and Baby (2017) suggested that sexually Transmitted Diseases (STI's) can affect a baby in many ways. Syphilis and HIV, can affect a baby while it's still in the mother's womb. However, chlamydia and genital herpes, can affect the baby as it is being delivered.

Chlamydia is a common infection. It can affect the baby by causing conjunctivitis and preterm (premature) delivery.

Syphilis the bacteria responsible for syphilis can cross the placenta causing still birth or miscarriage. Chlamydia and syphilis can both be cured with antibiotics.

HIV causes AIDS. Treatments are available however there is no cure. **Genital Herpes**, again treatments are available but there is no cure. Genital herpes can cause miscarriage; however, infection is usually transferred to the baby during delivery.

Preventative measures: Using condoms during penetrative sex, dental dams during oral sex and abstinence offer the best protection from STIs.

Support can be sought from your GP or by visiting the NHS Sexual Health information and Support Service webpage: <https://www.nhs.uk/Service-Search/Sexual-health-information-and-support/LocationSearch/734>

References

Pregnancy Birth and Baby. 2017. STIs and pregnancy. Available at: <https://www.pregnancybirthbaby.org.au/stis-and-pregnancy> [Accessed: 3 November 2018]

Substances and alcohol misuse

Use and misuse of substances such as drugs and alcohol dramatically increase the potential harm to the fetus and pregnancy itself (NHS 2018).

The common risks are:

Complication in pregnancy and labor

Maternal and infant death

Miscarriage

Premature birth

Still birth

Low birth weight

However, there are other health risks which may include withdrawal symptoms in infants (24-48hrs, or 5-10 days), physical and neurological damage or Foetal Alcohol Spectrum Disorder (NHS 2018).

Pregnant women who inject drugs and share the injecting equipment with other drug users are at risk of developing Blood Borne Viruses (e.g. HIV, hepatitis B), which may be again passed on to the baby (NHS 2018).

References:

NHS. 2018. Substances use and misuse in pregnancy. Available at: <http://www.maternal-and-early-years.org.uk/topic/pregnancy/substance-use> [Accessed: 3 November 2018]

Mental Health

Around 40% of teen mothers are affected by postnatal depression (Waters, 2008) and 2 million children live with a parent who has a common mental health disorder (Manning et al, 2009).

Babies of mothers who suffer perinatal mental illness are at an increased risk of being born prematurely. Furthermore, postnatal mental illness can affect a parent bonding with their baby which can have negative effects on a baby's development (NSPCC, 2018)

How are you feeling?

Signs of postnatal depression (NHS, 2016):

- Persistent low mood
- Lack of energy
- Trouble sleeping at night
- Difficulty bonding with your baby
- Frightening thoughts
- Withdrawing from contact with other people

Where to get support:

'Minding the Baby' a service provided by the NSPCC offering support to young, first time mums to help develop a positive relationship with their baby.

'Baby Steps' - also an NSPCC sponsored service that provides home visits and group sessions to reduce the stress of caring for a new-born.

For more information visit www.nspcc.org.uk

References:

Waters, C. 2008. Young Mothers' Depression Risk. Available at: <http://news.bbc.co.uk/1/hi/health/7727540.stm> [Accessed 6 November 2018].

Manning et al. 2009. New Estimates of the Number of Children Living with Substance Misusing Parents: Results from UK National Household Surveys. Available at: <https://bmcpublichealth.biomedcentral.com/articles/10.1186/1471-2458-9-377> [Accessed 6 November 2018].

NSPCC. 2018. Parental Mental Health. Available at: <https://www.nspcc.org.uk/preventing-abuse/child-protection-system/parental-mental-health/#undefined> [Accessed 6 November 2018].

NHS. 2016. Postnatal Depression. Available at: <https://www.nhs.uk/conditions/post-natal-depression/> [Accessed 6 November 2018].

Postnatal Care (after you have given birth)

Depending on when you have your baby, your midwife will come and see you on the ward and at home. You may also be seen at home by your local midwifery team or attend a postnatal drop in at your local children's centre. This will be arranged with you at the time.

Useful links and apps

A virtual tour of the Womens Unit, University Hospital of Wales

<https://www.youtube.com/watch?v=E5Kg8R4FdJ4>

Little Lullaby is a website created exclusively for young mums and dads

<https://littlulullaby.org.uk/>

<https://www.nhs.uk/conditions/pregnancy-and-baby/pages/teenager-pregnant.aspx>

Pregnancy Book

The young woman's guide to Pregnancy is written especially for young mums and includes the real pregnancy experiences of young mums. It is available free online at www.tommys.org

Baby Buddy is free Android App designed for pregnancy, birth and beyond. Scan the QR code for further information

References:

Best Beginnings. 2018. BabyBuddy App. Available at: <https://www.bestbeginnings.org.uk/about-baby-buddy> [Accessed 6 November 2018].

LittleLullaby.2018. homepage. Available at: <https://littlulullaby.org.uk/> [Accessed 6 November 2018].

NHS. 2013. Pregnancy and maternity services. Available at:

<http://www.uhs.nhs.uk/Media/ControlledDocuments/PatientInformation/Pregnancyandbirth/Maternity-services-guide-patient-information.pdf> [Accessed 6 November 2018].

Tommys.2018. Pregnancy information. Available at: www.tommys.org [Accessed 6 November 2018].

NHS

Contact Information

Your Community Midwife will write her contact details within your handheld maternity notes. For urgent enquiries please contact:

Obstetric Assessment Unit: [02920 744658](tel:02920744658)

Midwifery Led Unit: [02920 745196](tel:02920745196)

Obstetric Led Unit: [02920 742679](tel:02920742679)

National breastfeeding helpline:

[0800 776600](tel:0800776600)

Patient Advice and Liaison Service (PALS) Wales

If you have a question, compliment, comment and concern please contact the PALS team on 01656 754194 or <http://www.wales.nhs.uk/sitesplus/863/page/80308>